



Meet Your Nutritious Friend:
Avocado-do

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Apple Strudel (V) Assorted Cereals or Cereal Bar with Graham Crackers
4 Mini Cinni Rolls (V) Assorted Cereals or Cereal Bar with Graham Crackers	5 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	6 Breakfast Stick Pancake Batter Wrapped Turkey Sausage Assorted Cereals or Cereal Bar with Graham Crackers	7 French Toast Sticks with Syrup (V) Assorted Cereals or Cereal Bar with Graham Crackers	8 Dutch Waffle (V) Assorted Cereals or Cereal Bar with Graham Crackers
11 Mini Maple Pancakes (V) Assorted Cereals or Cereal Bar with Graham Crackers	12 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	13 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	14 Chocolate Chip French Toast (V) Assorted Cereals or Cereal Bar with Graham Crackers	15 Apple Strudel (V) Assorted Cereals or Cereal Bar with Graham Crackers
18 Mini Cinni Rolls (V) Assorted Cereals or Cereal Bar with Graham Crackers	19 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	20 Soft Filled Cinnamon Toast Crunch Bar (V) Assorted Cereals or Cereal Bar with Graham Crackers	21 French Toast Sticks with Syrup (V) Assorted Cereals or Cereal Bar with Graham Crackers	22 Dutch Waffle (V) Assorted Cereals or Cereal Bar with Graham Crackers
25 No School Memorial Day	26 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	27 Egg & Cheese Croissant (V) Assorted Cereals or Cereal Bar with Graham Crackers	28 Chocolate Chip French Toast (V) Assorted Cereals or Cereal Bar with Graham Crackers	29 Apple Strudel (V) Assorted Cereals or Cereal Bar with Graham Crackers

What is a Meal?

Students must choose at least 3 of the 4 components available for the school breakfast price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Fruit or Vegetable
- Choice of Milk

A minimum 1/2 cup serving of fruit or vegetable must accompany a reimbursable breakfast.

Whole Grain Cereals
(served with graham crackers)

Cinnamon Toast Crunch, Trix, Cocoa Puffs, Lucky Charms, Froot Loops, Cheerios

Whole Grain Pop-Tarts

Chocolate, Cinnamon, Strawberry

Whole Grain Muffin/Loaf

(served with graham crackers)

Blueberry, Chocolate, Glazed, Powdered

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, fat-free white, fat-free chocolate, fat-free vanilla, fat-free strawberry

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

Your Team

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Meal Prices

Student Breakfast	\$0.00
Reduced Breakfast	\$0.00
Faculty Breakfast	\$2.50

